

Summer Pandemic Planning: Activities That Promote Skills of flexibility, adaptability, problem-solving, and grit:



Prepared by The Purposeful Parenting Team at Southeast Psych

You can have a summer full of fun and meaningful memories with less stress, despite the pandemic. Here are activities that promote Root 6 of the 7 Guiding Principles to Parenting with

PURPOSE:

Root 6

Activities that promote Skills of flexibility, adaptability, problem-solving, and grit:

- Create **“Family Trick Shot” Challenges** -- Get creative! Use different-size balls, try balls made out of different materials, and even try various poses, body parts, and props (e.g., standing on one leg, off the nose, with a spoon, etc.)
- **“Can You Build It?” Challenge** -- using the same number of identical building materials (e.g., 3 paper clips, a sheet of aluminum, a toilet paper roll insert, a straw, a paper plate, etc.), family members must build according to a randomly selected “Can You Build It?” prompt -- *“Build a pet”, “Build a transportation device”, etc.*
- **Build a house of cards or a [fort with household items](#).**
- **Create a marble maze** out of Legos, toilet and paper towel tubes, and tape. Design your own **“Rube Goldberg Machine” Challenge** or search the web for inspirational engineering ideas to [build your own machine](#)
- **Put on a play** - write out the script and create costumes from recycled or old clothes.
- Teach children **skills for independence and life!** Help them learn how to do the laundry, fold clothes, plan a grocery list, cook basic meals, etc.
- **Have a family game night** where children need to work together - play Beat the Parents, Twister, basketball children vs. adults, etc.
- Play **Minute-to-Win-it** challenges to promote teamwork and fun! Need ideas? Check out [these ideas for challenges](#).

Check out these additional resources:

- [8 Problem Solving Games to Play With Your Preschooler](#)
- [5 Fun Activities for Developing Kids' Flexibility Skills](#)
- [27 Resilience Activities and Worksheets for Students and Adults \(+PDFs\)](#)

Go to **MyPurposefulParenting.com** or Follow Southeast Psych on Facebook and Instagram for more family summer fun activity ideas and Purposeful Parenting Tips for kids in all ages and stages.

Purposeful Parenting Program provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.